

SCOLIOSIS

Definition:- A name applied to a condition in which any series of vertebral spinous processes show a constant deviation from the median plane- always accompanied by an element of twisting and distortion of the symmetry of the body. Deviation of a single vertebra does not constitute scoliosis.

Occurrence:- Not unknown in animals and due to defect of vertebrae and unilateral variation of vertebrae, bone diseases and rickets. It is an affection of the years of growth, in a large majority of cases is due to rickets, infantile paralysis and congenital causes which may be evident up to 5th year. More often seen in girls than boys and in women than men. It may be associated with adenoids and weak musculature. Discovery of the condition is often delayed until one shoulder is found to be higher than the other, or one hip, or shoulder blade more prominent. Often first discovered by the dressmaker.

Terminology:- All terms must be defined -

- a. Right or left - according to convexity.
- b. Right or left - C. or S. (couple or compound)
- c. Region - Cervical - Cervico Dorsal - Dorso lumbar etc.
- d. Occurrence - Primary, secondary or compensatory.
- e. Duration - 1st degree - postural functional or total.
 2nd "
 3rd "

Types:- Two in number

- a. Postural, Functional, False or Total.
- b. Structural (2nd or 3rd degree).

- a. Postural: A condition where the spine bends habitually to one side without compensatory curves. 90% show the curve to the left, the greatest point or apex being opposite the 9th Dorsal vertebra.

Typical Characteristics (No structural changes)

1. A general curve convexity usually to left, deviation not more than $1\frac{1}{2}$ " from mid line as a rule.
2. Left shoulder elevated and thrown forward.
3. Right shoulder carried backwards.
4. When patient takes "lax stoop St. position" the back may be elevated on right side of spine. This is due to the fact that the bodies of the vertebrae tend to rotate to the concave side and the right shoulder girdle is carried backwards.

This type of curve may, if neglected, become a structural C curve, or a compensatory curve may develop in the Dorsal region due to the fact that the patient makes an effort to maintain balance and keep the head as near as possible in the median line of the body.

The postural curve usually disappears on suspension and recumbency.

- b. Structural Type: This term is applied to curves when there is reason to believe that structural changes have occurred in the vertebrae. Structural curves may be simple or compound. The simple are sometimes spoken of as the C. curves and the double as S curves. Triple curves at times exist. When present they alternate to the right and left, two left curves, e.g. not separated by a right curve, never being seen.

Causes:

A. Congenital

B. Acquired Anatomical Asymmetries

1. Torticollis
2. Pelvic asymmetries or short leg
3. Unequal vision or hearing

Habit or Occupation:

1. Unilateral occupation - mechanical or industrial
Violin playing, side saddle riding etc.
2. Unilateral weight bearing - errand boy, porters etc.

General debility and deficient muscle sense

Examination of Spine etc.

1. General condition of patient
 - a. Whether thin or well-developed, healthy colour or anaemic. Notice if child is nervous, highly strung or lethargic.
 - b. Chest expansion
 - c. Existence of flat feet, weak ankles or short leg
 - d. Spectacles - if worn
 - e. Dress - whether well fitting, fasteners, supports etc.
2. Spine
 - Small child - Nude
 - Adult - Clothing fastened below level of iliac crests and showing cleft between buttocks. Chest covered. Long hair pinned up and secured by cap.

Note. Natural Standing Position. Inspection of back

1. Body outline - whether symmetrical or not
2. Position of head
3. Neck angle
4. Level of scapula and shoulders
5. Waist angle
6. Level of iliac crests
 - Mark each spinous process with pen or skin pencil, then estimate deviation from mid line with a plumb line.
 - Ask patient to bend forward and downward to estimate amount of rotation.

Inspection from front

1. Note deformity of chest
2. Level of anterior superior iliac spines
3. Measure for pelvic rotation.

Inspection from side

Note any exaggeration of physiological curves

3. To Test spinal Flexibility

1. Ask patient to lie in supine position.
2. Suspension on beam-wall bars, or in head suspension apparatus for Dorsal or Cervical curves.
3. Blocks under foot for lumbar curve.
4. Instruct patient to take forward and downward bending and note how they rise.
5. With hands behind head ask patient to bend from side to side.

The Objects of Gymnastic Treatment

1. To loosen up the spine in all directions.
2. To obtain a redistribution of weight in relation to the line of gravity and to correct any body tilt.
3. To re-educate the patient's sense of posture.
4. To obtain full and correct breathing in all regions of the chest in positions of mechanical advantage.
5. To strengthen the general musculature so that the improved position shall be maintained permanently.

Exercises are of two kinds

1. Symmetrical (For the back postural)
2. Asymmetrical (Structural - few symmetrical).

The former are particularly useful in mobilizing and this type alone should be used for postural cases.

The latter are used for structural curves but should not be done except under supervision of a qualified gymnast. They should never be included in Home Tables.

Exercises in suspension and static holdings should be included in the treatment of all types of Scoliosis, the former stretch and mobilize the spine, the latter re-educate sense of posture.

Structural Scoliosis in young children when of moderate degree

Should be practically cured by adequate and long continued treatment. If severe it should be much improved. Prognosis in both classes better in children with a long period of growth ahead.

Structural Curves in adult and older children when of moderate degree should be greatly improved by adequate and long continued treatment but cannot as a rule be completely cured. If severe can be markedly improved. When growth is reached improvement only may be looked for unless the curve is only of a mild grade.

Expenses 5 Apr. 1892

2 - my children

✓ Hotel

* Tea 2nd, 13th, 14th

✓ Carriage at 1st

✓ Trains 5th, 7th

✓ Dinner 1st, 2nd, 3rd

✓ Dinner 4th

✓ 1st, 2nd, 3rd

✓ 4th

I'm a little stiff for gymnastics

Camp Education.
1940-41.

Lois Creighton.

Camps - Education.

History and Trends of Camping
Types
Equipment
Stages

Aims and Objectives (Experiences)
of Campers ✓
of Leaders ✓
of Parents ✓

Sanitation, Health and Safety ✓

Organization of a Camp Council.
The Camp Council Meeting Process. ✓

Group life and individualization.
Methods of leading & types of
organization of ideas & reflective thought
activities.

Very satisfactory
of.

Camp Education

1875 - Mr. Hitchcock Camp - The First
Private Camp. Aim - To take weakly
boys in summer and into camp life in
the woods & under competent instruction
tramping is & study so that pursuit of
health could be combined with acquisition
of practical knowledge outside the usual
Academic lines. 20 campers & 5 boys at it.

1880 - The First Church Camp - Rev. H. H.
W. Kennedy - Connecticut. - same & sensible
religious periods, educational program,
swimming, baseball, tennis, songs, talks,
entertainment in even.

Chpt. II. Pioneer Camping Personalities.
Aims & ideals of camps 50 yrs ago:-

1. To restore those values of life which
come from living in the great out of doors.
2. To find joy in the simplicity of living.
3. To develop a love of nature & a study of
all that God created for man enjoyment.
4. To play the game for the fun of playing
& not for rewards given or public recognition.
5. To rationalize the recreative impulse
so that it may be a carry-over into later
life.

6. To enrich life through beautiful &
simple pleasures.

7. To affirm boys & the sound principle
of work being the law of life & the
love of work being the joy of life.

8. To immerse boys with responsibility
personally for others & with others.

9. To show boys that honor cannot be
bought, but must be won, that manhood
includes truth, conscientiousness, honesty

own mind.

10. To reach boys through teaching;
to mould them into men of stamina
& character; to create in them a
definite aim in life; to give them
a conception of their Maker through
an understanding of nature.

11. To lay foundation for loyalty,
integrity, and respect for right of others.

Chapter II

Hist. of Institutional Camps:

1. D. C. C. - ¹⁸⁸⁰ development of mind,
body, spirit - organized community
outdoor living, a new way of approach
to character building. 1885 Summer

2. Dudley - borrowed a boat, hired 8 boys
& 7 boys - added his genial personality,
unbounded enthusiasm, ardent love
for out-of-door life, keen receptivity
essential elements for a successful
camping trip. 1st summer - 1883.

Boys' Club Camps - 1885 Salem Mass.
76 boys - 7 weeks. Rev. L. Farnell - 1886-60cs.
No. of camps - 26,000.

Forest - 1st Camp - 1872 Children's Aid
Society of N. Y. Money given - turn up. its
achievement. Life's F. A. T. vol. 1887.

Foreman F. T. F. in 1883. An. Sharp de-
voted the F. A. T. directed the organiza-
tion of the camps in which the word
"camp" replaced the term "Fresh Air Farm".
Program placed upon educational basis
a sound program of camp activities.

Boy Scout Camps - 1907 started under inspiration
of scout - camp. 1935 - 600 B.S. camps.
B.S. camps led with professional leader-
ship on the cooperative plan. Introduce
features appealing to youth which are univer-
sal among boys - supplement various
existing educational agencies, promote the
stake in boys & do things for themselves & others.
Boy Scout Camps - 1908. Character the camps
was camping encouraged. Training & identity
emphasized.

Camp Fire Girls - began in the home, later
accepted as school & room of C. F. G. 1st camps
21-500 camps. Poetry, music, ceremony,
ritual, color. Drama used to express ideas
& ideals. The method of organization was
program of romance, beauty & adventure.

W. A. C. F. Camps - 1874 - first summer
boarding on vacation house was for three
young women meaning out their lives
in an almost endless drudgery of changes
that admit no thought of rest or recreation.

Camp School for Boys - 1909. Held
daily except Sat & Sun. Games sports &
athletics. Sets devoted to likes - highs &
historical places & wild days. C.F.G. camping
a part of public school system.

Institutional & organizational camps regard
as places where badly behaved children camp for
during summer months. Now way as
laboratories where the situations are
studied, serious project undertaken, the
hope brought into schools & part of work.

Institution - Training & leadership & is
standards, Abolishment of Bureau